



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Broccoli

Tiny flower buds make up the head of broccoli, and if you don't harvest it on time, the broccoli will be full of yellow flowers!



Ras El Hanout Salmon with Honey Spiced Rice Salad

Crispy skin-on salmon on a nutty brown rice salad with broccoli and mint, all tossed with a warm honey and lemon vinaigrette.



30 minutes



4/6 servings



Fish

Spice it up!

You can add some toasted nuts or seeds to the salad if you have some!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	39g	21g	56g/60g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN RICE	300g	300g + 150g
BROCCOLI	1	2
RAS EL HANOUT SPICE MIX	1 packet	2 packets
LEMON	1	2
HONEY SHOTS	2	3
GREEN CAPSICUM	1	2
SHALLOTS	2	2
MINT	1 packet	1 packet
SKIN-ON SALMON	2 packets	3 packets

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

Rinse salmon and pat dry with paper towel before coating with spice. Removing the excess moisture will help the skin crisp up!

Ras El Hanout spice mix: ground cumin, ground coriander, ground paprika, ground turmeric, ground allspice, coconut sugar.



1. COOK THE RICE

Place **rice** in a saucepan and cover with water. Bring to a boil and simmer for 20–25 minutes, or until tender (see step 2).



2. ADD THE BROCCOLI

Chop **broccoli** into smaller pieces. Add to boiling **rice** for the last 5 minutes to cook. When rice is tender, drain and rinse (see step 4).



3. WARM THE VINAIGRETTE

Add **1/4 cup olive oil** and **spice mix** to a frypan, **reserving 3 tsp**. Cook for 2–3 minutes until fragrant. Stir in **1/2 lemon juice** and **honey**. Transfer to a salad bowl.

6P – reserve 4 tsp spice mix for salmon. Use 1/3 cup olive oil & juice from 1 lemon.



4. TOSS THE SALAD

Dice **capsicum** and thinly slice **shallots**. Roughly chop **mint leaves**. Add to bowl with dressing. Toss all together with cooked **rice** and **broccoli**. Season with **salt and pepper**, set aside.



5. COOK THE SALMON

Coat **salmon** with reserved **spice, oil, salt and pepper** (see notes). Reheat frypan over medium-high heat. Cook **salmon**, skin side down for 4 minutes. Turn over and cook for 3–4 minutes or until cooked through.



6. FINISH AND SERVE

Divide **rice salad** and **salmon** among plates. Serve with remaining **lemon** cut into wedges.



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